

ABSTRACT

A curl resistant single substrate label sheet, and in-line high speed method for making same, for use with conventional printers, including at least one body portion, at least one label portion, and at least one release liner portion, all of which are made of a common substrate

5 permitting the use of the label sheet with conventional printers including off the shelf laser printers, including duplex printers. The label portion may include multiple individual labels that may extend all the way to the edges of the label sheet. The label sheet may contain printed indicia on all portions of the label sheet and permit the end user to print on all exposed surfaces. The label sheet may include at least one score across the grain of the substrate to increase the

10 rigidity of the label and further prevent curling.